

DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XIX, ISSUE 10

A newsletter for D.C. Seniors

October 2004

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

What a great day we had this year at **ELDERFEST, "Aging Well, Living Well."** More than 3,000 people attended and received information and health screenings, purchased home-made baked goods and hand-made arts and crafts, and enjoyed the Jewels and all the other entertainment planned for the day. See the great photos from the event in this issue of "Spotlight on Aging."

We are "Getting Ready for Wellness" in Ward 4. The Commission on Aging and the Mini Commission on Aging members and other seniors in the area are excited after the recent unveiling of the plans for the proposed Wellness Center in Ward 4. The site will be the former Kennedy Theatre. Find out more about the plans in this issue.

Don't miss the opportunity to sign up for discounts on your utility bills this month. Check the chart in this issue to see if you are eligible. The D.C. Energy Office of the People's Counsel and the Public Service Commission hold this event each year to sign up eligible residents for the program that provides savings from Washington Gas, PEPCO, DCWASA and Verizon. Don't forget — October 21 at the Washington Convention Center from 8 a.m. to 7 p.m.

Be aware of those who are trying to scam you. Never give out personal information over the phone unless you have initiated the call. Read more in this issue about persons who are defrauding D.C. individuals regarding their car insurance.

Continue **"Aging Well and Living Well."**

**Tune in to  
"Senior Talk"  
with Doris Thomas,  
October 23, 5 p.m.,  
WOL 1450 AM.  
To call in, dial  
1-800-450-7876.**

## ELDERFEST 2004 "Aging Well, Living Well."



Honorary Chairperson Virginia E. Hayes Williams poses with Deputy Mayor for Children, Youth, Family and Elders Neil O. Albert after she receives her award.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER



**E. Veronica Pace poses with representatives from ELDERFEST Corporate Award recipients McCormack & Schmick Restaurants and M&S Grill.**



**Ms. Senior D.C. Barbara Newman talks to seniors who enjoyed her poetry.**



**The city administrator in step with seniors.**



**The Jewels entertained the crowd with a lot of the old hits, sweet memories!**



**Students from Roosevelt High School assisted with meal distribution.**



**Homemade baked goods for sale.**



**Commissioner on Aging Jackie Arguelles and Ms. Senior D.C. dance to the music of the Jewels.**



**The Quanders shared their family history at ELDERFEST.**



**Old Cars Unlimited had several cars on display.**



**Erika Thiemy dancers performed during the program.**



## D.C. OFFICE ON AGING NEWSLETTER

## WARD FOUR SENIOR WELLNESS CENTER



Model of Ward 4 Senior Wellness Center.

The proposed location of the new Ward 4 Senior Wellness Center is formerly known as the Kennedy Theatre, which was built in 1939. Currently vacant with a small carry-out restaurant attached, we propose to demolish the interior and retain the facade.

The Wellness Center will provide health promotion and disease prevention activities and programs that promote self-care, healthy lifestyles, and longevity for District residents aged 60 and over. Programs should also address a holistic, complementary, integrative approach to senior health and wellness.

Programs will combine calisthenics, isometrics, stretching, dance, weight training, flexibility and endurance, with nutrition and screenings for diseases such as diabetes, hypertension, cancer,

cardiovascular disease, etc.

Staffed by a team of health professionals and promoters, the Wellness Center will be a focal point for positive aging, emphasizing the importance of the whole persons' physical, mental, emotional and spiritual needs.

**Features of the center include:**

- Physical fitness area with alcoves for equipment
- Lobby/reception area
- Urban garden area with glass windows
- Computer Learning Center
- Billiard/Game Room
- Alcoves for special uses

- **Multipurpose room** – For health counseling, nutrition and demonstrations

- **Kitchenette**

- **Massage room**

- **Counseling Room**

- **Reading/meditation room**

- **Offices for staff**

- **Closet/ storage space**

- **Bathrooms with lockers**

- **On-site parking spaces in the rear**

Mayor Williams and Councilmember Fenty were very instrumental in choosing and acquiring this site. Construction is slated to start this Fall.

**Attention District Residents:**

## Utility Discount Day

**OCTOBER 21, 2004 8:00am–7:00pm**



We will be accepting applications at the new Washington Convention Center for District of Columbia residents. With one application, you may be eligible for discounts from:



You also may be eligible for the Low Income Home Energy Assistance Program (LIHEAP). For more information please call the DC Energy Hotline at **(202) 673-6750**.

**Requirements:****Bring the Following:****Place:**

# of Persons in Household	Maximum Annual Salary
1	\$13,965
2	\$18,735
3	\$23,505
4	\$28,275
5	\$33,045
6	\$37,815
7	\$42,585
8	\$47,355

For family units with more than 8 members, add \$4,770 for each additional member.

- Proof of Household Income
- ID (Proof of Age)
- Social Security Card
- Recent Lease/Rent Receipt If your Heat is Included in Your Rent
- Recent Utility Bills for:
  - Electric
  - Gas
  - Telephone
  - Water

New Washington Convention Center  
801 Mount Vernon Place, NW,  
Washington, DC

Metro:  
Yellow or Green Line to  
Mount Vernon Square

Metrobus:  
66, 70, 71, G8, G2, P6

## Apply and Save



## Fire Prevention Week October 4-8

In honor of National Fire Prevention Week, the DC Fire and EMS Department is having its annual Fire Prevention Week Kickoff at Fire Engine Company #8, located at 1520 C Street, S.E., on October 4 at 10 a.m.

This year's theme – **"It's Fire Prevention Week: Test Your Smoke Alarms"** – brings light to this important fire safety lesson to teach citizens simple steps they can take to protect themselves from fire. This event is open to the public.

For more information, please contact the DC Fire and EMS Public Information Office at (202) 673-3331.

## Change in Senior Services

Columbia Senior Center, located at 1250 Taylor Street, N.W., has closed as of September 30, 2004. Congregate meals and other services will now be offered by the D.C. Office on Aging and the D.C. Parks and Recreation at Emery Recreation Center, located at 5801 Georgia Avenue, N.W., as of October 4, 2004.

If you are interested in service or program information, call Barney Neighborhood House Senior Program at 202-939-9020 or the D.C. Parks and Recreation, 202-282-0748. Barney is the lead agency for the Office on Aging serving Wards 1 and 4.

## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## Upcoming:

If you live in Wards 2, 5 or 8, are 55+ years old and have asthma, call to participate in the Greater Washington Urban League's Asthma Project for senior citizens. For further information, call Leanetta Obasanjo at 202-529-8701.

Join the Greater Washington Urban League, Inc. in National Breast Cancer Awareness Month by participating in several pink ribbon ceremonies in some of the nutrition centers. Please call Vivian Grayton for the date, place and time at 202-529-8701.

## October events

### 4th • 10:30 a.m. to 1:30 p.m.

Join Barney Neighborhood House Senior Program and D.C. Recreation and Parks for the grand opening of the Emery Nutrition Center, located at 5801 Georgia Ave., N.W. All guests must register for the program and make a meal reservation. No exceptions. Please contact Donna Ellis, activity coordinator, at 202-939-9020.

### 4th • 11:15 a.m. to noon

The Washington Seniors Wellness Center, 3001 Alabama Ave., S.E. will be observing Breast Cancer Awareness Month with a pink ribbon ceremony. Come out and help them spread the word for women. For details, call 202-581-9355.

### 7th • 10 a.m. to 1 p.m.

UPO/Project Keen at the Phillip T. Johnson

Senior Center, 3200 S St., S.E., will be presenting "Collector's Convention." Those who enjoy collecting memorabilia, gadgets or other items will have the opportunity to share their collectibles and enjoy those gathered by others. For your place, or to attend, call 202-584-4431.

### 21st • 11 a.m.

Join the Ft. Lincoln I Senior Nutrition Center for an informational seminar on mammograms and pap smears by Project Wish at 3298 Ft. Lincoln Dr., N.E. This will be followed by a pink ribbon ceremony for Breast Cancer Awareness Month. For further information, please contact Vivian Grayton at 202-529-8701.

### 22nd • 10:30 a.m.

A field trip to the new "Silver Plaza" in Silver Spring, Md., will be hosted by Washington Senior Wellness Center. Go see the new restaurants, shopping, movies and in/outdoor dining. To reserve a seat, please contact the center at 202-581-9355.

### 29th, 30th and 31st

Serenity Players, Inc. presents *In White America*, a full-length documentary play by Martin B. Duberman at the St. Francis Xavier Church, Bailey Room, 2815 O St., S.E. on Friday, October 29 at 7:30 p.m.; Saturday, October 30 at 1 p.m.; and Sunday, October 31 at 4 p.m. Tickets are sold at the door. Admission is \$8 for senior citizens and students under 18 years old; \$12 for general admission. Persons with permanent disabilities and their companion will be offered half-price tickets. Group

sales are available for 10 persons or more. Free parking is available on the church parking lot. Street parking is also available.

### 29th • 1 p.m.

A Halloween intergenerational and oldies-but-goodies party is being hosted by Washington Senior Wellness Center, 3001 Alabama Ave., S.E. Come out for a howling good time! Please RSVP at 202-581-9355.

## Ongoing:

### Mon. 9:50 a.m. and Wed. 1 p.m.

Get Fit with Vanessa! Vanessa Williams-Harvin, fitness coordinator, will conduct low-impact aerobics and Pilates classes for seniors at the Washington Seniors Wellness Center. The center is at 3001 Alabama Ave., S.E. For more information, call 202-581-9355. A physician's statement is needed for participation.

### Mondays and Wednesdays

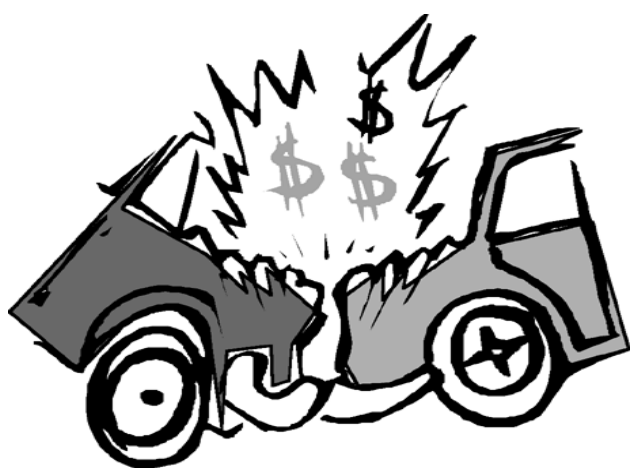
#### • 1 to 2 p.m.

Computer classes for seniors will be given by the EOFULA Spanish Senior Center. Keep up with technology and learn the basics of the computer. For more information, call Alberto at 202-483-5800.

### Tuesdays and Wednesdays • 8 a.m.

A new walking program will be held at the Washington Senior Wellness Center, 3001 Alabama Ave., S.E. Join and receive a free pedometer. For details, call 202-581-9355.

# GEBCO Insurance Associates Scam



The District of Columbia Department of Insurance, Securities and Banking (DISB) Fraud Bureau is warning all District insurance consumers to be careful of potentially fraudulent insurance agent or agents.

The Fraud Bureau has been advised of a situation occurring in the D.C. area in which an individual is fraudulently posing as a representative of the GEBCO Insurance Associates, Inc. This person or persons is believed to be soliciting D.C. area residents by approaching them on the street and offering to sell them auto insurance coverage. It has been determined that this person is not legitimate and does not pro-

vide the auto insurance coverage claimed.

After accepting a down payment in cash, the perpetrator then provides the unsuspecting consumer with a fraudulent DC Insurance Verification Letter on GEBCO letterhead with handwritten information.

GEBCO management has informed the Fraud Bureau that they never write insurance coverage outside the confines of their offices, nor do they give handwritten verification information or accept cash for any payments. In addition, their employees do not carry company identification badges.

If approached, the Fraud Bureau advises any person who comes into contact with this individual or scenario to proceed with caution and notify the police and the DISB Fraud Bureau immediately.

You can contact the DISB Fraud Bureau at 202-727-7845 or 202-442-7826. The Bureau can also be reached in person, Monday-Friday, 8:15 a.m. to 4:45 p.m., at 810 First Street, N.E., Suite 701, Washington, D.C. 20002. More information on insurance fraud can also be obtained by visiting the department's Web site at [disb.dc.gov](http://disb.dc.gov).

The DC Department of Insurance, Securities and Banking (DISB) has two missions:

(1) to provide fair, efficient and fast regulatory supervision of financial services businesses for the protection of the people of the District of Columbia, and (2) to create conditions that will retain and attract national and international financial services businesses to the District.

*Courtesy of the District of Columbia Department of Insurance, Securities and Banking, Lawrence H. Mirel, Commissioner.*

## SPOTLIGHT ON AGING

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.